

Cucumber Soup

Prep time: 15 min

Serves 7

1 pound cucumbers, peeled, seeded and sliced

½ teaspoon salt

1 ½ cups fat free plain yogurt

1 green onion, coarsely chopped

1 garlic clove, minced

4 ½ teaspoons snipped fresh dill

Additional chopped green onion and snipped dill

1. In a colander set over a bowl, toss cucumbers with salt. Let stand for 30 minutes. Squeeze and pat dry.
2. Place the cucumbers, yogurt, onion and garlic in a food processor; cover and process until smooth. Stir in dill. Serve immediately in chilled bowls. Garnish with additional onion and dill

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